

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

QTX341
.File

Food and Nutrition

June 1974 • Volume 4 • Number 3

4

Third Graders host a Banquet



At the Duncan Gardens housing development in Jersey City, the mobile food stamp team interviews applicants. Their office is a converted bus van, which travels throughout the city to help certify needy elderly residents and public assistance families.



JERSEY CITY'S MOBILE FOOD STAMP OFFICE

THE LINES BEGIN to form slowly at the rear of the converted van bus. Residents of the Duncan Gardens Housing Development in Jersey City, N. J., know why the bus is there, but some still feel uneasy about a commitment to go inside.

The mobile unit is a food stamp certification office on wheels. Its purpose is to enroll public assist-

ance families who are not taking advantage of the food stamp program as well as senior citizens who are unable to travel to local food stamp offices to have their eligibility determined.

One of the first to arrive at the bus is a young woman. She receives public assistance, has two children and another on the way.

"I know food stamps can help us," she says. "And I'm glad that someone thought up the idea of bringing this office to the people who can't get to the main office."

The "idea" came about through the combined efforts of officials in several city agencies and non-profit organizations. One of them is Alfred Filippini, supervisor of the Hudson County food stamp office.

"I believe the certification van is one of the first of its kind in the country," he says. "And this is a city where it can do a lot of good."

Jersey City has a population of 265,000, he explains, and an estimated 49 percent of the population is 60 years of age or over. In addition, one-half of the public assist-



ance recipients in Hudson County do not participate in the program, and it's sometimes difficult to enlist them.

The primary targets of the certification van are the eight low-income housing developments in Jersey City, which have a combined population of more than 13,000 persons. Most of the tenants receive public assistance or live from small pensions and/or Social Security benefits.

Duncan Gardens is one such project. There are 504 units that house some 2,000 residents. The development consists of seven 12-story buildings with eight families on each floor. Rents are predicated on monthly income and the number of persons in each household.

One person waiting in line at Duncan Gardens is a widow with six children. Her total monthly income is a Social Security check and a small welfare allowance.

"I've been told I can qualify so I came to find out," she says.

Inside the van, the interviewers obtain certain basic information for the prospective client's application.

This includes, for example, the number of persons in the household; proof of monthly income, that is, pay check stubs or letters from the Social Security Administration showing the amount of money awarded to the recipients; rent receipts and other stabilized monthly expenditures specified by food stamp program regulations.

The applications are then forwarded to the main office in Jersey City where income maintenance workers and other caseworkers do an in-depth review of each application and make a final determination of eligibility.

In the first three stops made by the mobile unit, some 100 applications are taken, with 70 qualifying for food stamps.

"A number of the new recipients are senior citizens," Filippini says. "It is part of the goal of this outreach project to reach the city's elderly population."

Along with Filippini, other officials who took part in bringing about the mobile certification project were Harold Parks, Jersey City

Housing Authority Officer; Mark Scheuerer, City Welfare Director; Jacqueline Olock, City Planning Director, the City Human Resources Department; and the Rev. Donald Sheehan, of the Jersey City Food Action Committee.

Parks played a key role in the immediate success of the operation through the distribution of literature that informed residents of the housing developments about the scheduled stops and the purpose of the mobile office.

The van, itself, is owned by William E. Martin, executive director of the United Way of Hudson County. The bus is not new to county residents. Martin has also donated the van for community counselling work at local factories and plants.

One elderly woman sums up the effectiveness of the mobile unit as she leaves the van.

"I've always wanted to sign up for food stamps but it's hard for me to get around these days," she says. "I really could use those stamps to stretch my dollar at the supermarket."



Three Lunch Programs Involve Students and Community

Participation is 90% in Emmetsburg

WHAT DOES IT take to operate a school lunch program that consistently attracts more than 90 percent of the students? The experience of schools in Emmetsburg, Iowa, suggests one answer: involvement of students and the community.

The close relationship of the schools and the community is spelled out in a brochure which describes Emmetsburg as "large enough to serve you and small enough to know you." It says: "Communication with the community is the by-word of our school system, please visit one of our schools while you are in town."

Emmetsburg, with a population of some 4,100 is located in the agricultural area of northwest Iowa.

The operation of the school lunch program in the five schools in the Emmetsburg district is the responsibility of Carol Brumm. According to school Superintendent John T. Gannon, Ms. Brumm runs such an efficient shop that he seldom is concerned with day-to-day problems.

"She has very good rapport with

the student body and maintains a fine working relationship with the cooks in the three kitchens she supervises," he says.

Asked about the "hows and whys" of her successful program, Ms. Brumm stresses planning meals that will interest the students.

"I know you can't always serve their favorites—like barbecue and french fries. But we try to have at least one thing on the menu which the kids especially like—a dessert, a salad, or a main dish. Then we stagger in the less popular items."

The students are especially fond of the fresh baked goods made in the Emmetsburg school kitchens. The staff bakes french bread, cinnamon rolls, and cream puffs in addition to pies, donuts, and cookies.

Ms. Brumm has found that a good relationship with the student council helps her keep informed of student likes and dislikes. Now in her seventh year as school lunch manager, she meets regularly with student representatives.

"It really makes a big difference when they know that you are available and will listen to their suggestions or complaints," she says. "I let them know what we must serve in the Type A lunch, and we try to work from there to serve them their favorite dishes as frequently as possible."

Jeff Mohrhauser, student council president, agrees that the arrangement is helpful. "The council members find out from their homerooms what the students want, and we relay this to Ms. Brumm," he explains. Jeff cites the more frequent serving of tacos, a new favorite, as evidence that the system is working.

To stimulate more interest in the lunch program, Ms. Brumm works with home economics students to help them prepare Type A lunch menus, which are used for an entire week each year.

"The girls learn what goes into planning lunches that meet Type A nutritional requirements," says the food service director. "And they discover how hard it is to always give the students what they want."

She adds that the menu planning

creates a better feeling among all of the students, since the girls talk about their experience with their classmates. The district also plans to have students in the advanced food class spend time in the school kitchen so they can learn about institutional cooking.

Emmetsburg's three principals enthusiastically support Ms. Brumm's efforts and unanimously point to food quality as a major reason for their schools' high participation.

With cooks arriving at 6:00 a.m., Ms. Brumm's day begins early. The staff at the Community High School kitchen prepares 650 meals each day—enough for the school's 350 students as well as students at the similarly sized junior high, which lacks adequate cooking facilities. A second kitchen at the West Elementary School serves some 265 first through third graders. The district's third kitchen is operated in a school in Cylinder, Iowa, some 8 miles away, attended by about 290 students in grades four through six.

To promote interest in the programs at all of these schools, each year the staff invites Rotary Club members to share a school lunch.

"We find that they look forward to the invitation," says Superintendent Gannon.

Gannon points out that Junior High School principal Dean Newlon has further increased community interest in the lunch program through a parents' advisory committee, which meets monthly to discuss various school problems. Newlon set up the committee from a random selection of about 10 percent of the mothers of his students, and all 30 invited agreed to attend.

This involvement of the community is most directly evident in the school board's attitude toward the school lunch program. According to Superintendent Gannon, the board is determined that a good, nutritious lunch be made available to students and that additional funds be provided if monies collected from students and from State and Federal governments are insufficient to operate such a program.

Currently, grade school students

pay 35 cents for lunch, and high school students pay 40 cents. About 14 percent of the lunches are served free or at reduced price.

Financially, Superintendent Gannon says, the district's lunch program is in good condition. "When I came here 4 years ago, we had a deficit of at least \$4,000. Now we have a comfortable surplus."

According to Ms. Brumm, keeping an eye on labor costs is very important in running the kitchen. She credits Gannon for his help in setting up kitchen labor cost guidelines that she has been able to maintain.

Profits from the school-owned ice cream and soft drink vending machines go to the lunch program. (The soft drink machine does not operate between 11 a.m. and 1:30 p.m.) An additional source of revenue for the program comes from preparing lunches for the schools' athletic teams when they travel to adjoining towns. "Now, we prepare lunches and the money collected goes into our fund," Ms. Brumm reports.

Ms. Brumm is also interested in nutrition education for students and has developed a special presentation for third graders. "It really gets their attention. You would be surprised at how much they get out of it," she says.

What does it take to operate such a successful school lunch program? A lot of work on the part of dedicated individuals willing to expend the extra effort to involve students and the community. ☆

Program Meets Special Needs in Santa Cruz

THELMA DALMAN, school food service director for Santa Cruz, Calif., believes that school food service can play an important role in the educational process—and in the community as well.

Food service adds an important dimension to the school experience, she says. "The fact that you can't teach a hungry child has been proven over and over again. And the teachers are the strongest supporters of school feeding. They've

seen the results in the classroom."

Ms. Dalman heads a food service operation that serves lunch to nearly 2,000 students in 12 schools. In addition, a growing breakfast program now offers a morning meal to 500 children in five of the seven elementary schools, and the district has plans to expand the program to all elementary schools. Nearly half of the lunches and about three-fourths of the breakfasts are served free or at reduced price to children from low-income families.

Apart from the child nutrition programs, the district's school food service system operates a mobile meals program for the county's elderly homebound residents. Begun 4 years ago and serving regular as well as special diet meals, this was one of the Nation's first such mobile meals service operated from a public school.

Each day the Santa Cruz cafeteria prepares and packages meals for 275 low-income elderly, recommended by the Visiting Nurses Association. Participants receive a two-pack meal, which consists of a hot lunch and a lighter meal for dinner. The meals are variations of the school lunch, and together supply 1000 calories. Packed in insulated containers, the food is delivered by volunteers to the homes of the elderly.

"The program offers four special diet meals in addition to the regular meal," Ms. Dalman explains. "Upon request from a doctor, we provide low-sodium/low-fat, bland/soft, bland/low-sodium, or diabetic/low-calorie meals."

Financing for the mobile meals program comes from Federal-county revenue-sharing funds. Some of the elderly receive the meals at no charge; others pay up to 50 cents, depending upon their income. The total cost of each two-pack meal to the nonprofit program is one dollar.

"The program is still growing," says Ms. Dalman. "We hope eventually to reach 400 homebound elderly."

This spring the food service staff cooperated in a new community project—an 8-week pilot program to test the effect of food additives on

hyperactive children. Under the supervision of Dr. Ben Feingold, head of the Department of Allergy at Kaiser Foundation Hospitals in San Francisco, the program involved serving breakfasts and lunches prepared without any food additives to 35 children. The children, who were receiving drug treatment for hyperkinesis from their pediatricians, also received the special diets at home.

Despite limitations, menus for the pilot program did allow for a variety of meals. For example, a typical breakfast menu consisted of french toast with syrup, pork sausage patties, grapefruit sections, and milk. A lunch included such items as a hamburger with lettuce on a bun, oven fried potatoes, carrots, and milk. For these particular meals, the school staff would prepare home-made mayonnaise, syrup, sausage, and buns.

According to Ms. Dalman, it is the high quality and outstanding daily performance of the food service personnel that enables the district to undertake special projects. A centralized kitchen prepares the meals for all of the elementary schools. Another school includes the bakery, which bakes bread for the entire system, as well as low-sodium bread for the mobile meals program. The bakery produces 165 to 200 loaves of french bread daily, in addition to thousands of buns, pizza rounds, and cookies.

"Just three women working here turn out these beautiful products," says the food service director. "They were housewives, not bakers, but a master baker volunteered to instruct them for 2 days a week for 6 weeks. He said he taught them everything he knew—and they taught him a few things.

"Our big concern now is nutrition education," Ms. Dalman adds. "Without an understanding of nutrition, the kids make poor food choices."

Nutrition education, she continues, should begin with children in elementary school and continue through the higher grades. And to support this effort, nutrition education should be strengthened in the education of teachers at the college

level. Ms. Dalman herself teaches a course in food service management one night a week at a nearby community college.

As she tells her students, Ms. Dalman believes that food service managers must not only be aware of current trends and needs in the community—they must also be knowledgeable about changes occurring at the State and national levels. Currently, she serves as president of the California School Food Service Association and is active in the American School Food Service Association.

Looking ahead to the coming years in school food service, Ms. Dalman says: "We've survived all kinds of problems in the past, and I'm sure there will be difficult times ahead. We're all working for a common goal and that's feeding kids and giving them the best possible nutrition for the least cost.

"And that's the responsibility of an entire school district or community—and not just the head of the food service department." ☆

Student Committee Boosts Interest in Casper

A COLOR-CODED serving line, chow mein and "Strube Dogs" are just a few of the things that have more than doubled the participation in the school lunch program at Kelly Walsh High School in Casper, Wyoming.

Concerned about the low student participation, school principal Lowell Myers appointed a student committee in February to work with school food service personnel and school administrators. In just one month's time, the combined efforts of these groups substantially raised the number of students buying Type A lunches, although all agree that they are still far from their goal.

Prior to any changes made by the committee, there was a Type A serving line, an a la carte line, and a snack bar. The a la carte line is now the "Trojan" line, named after the school mascot, and features five color-coded selections marked by crepe paper streamers. If a student selects one item from each color,

he receives a Type A meal at the lower Type A lunch cost and a special dessert that cannot be purchased anywhere else.

Other additions in the Type A area include a salad bar, requested by 47 percent of the 1,200 students in a school survey, and more entrees and vegetable selections on the hot lunch menu.

The student committee often makes menu suggestions, some of which are quite a surprise to school food service manager Maxine Taggart. For instance, they requested green cake for St. Patrick's Day and chow mein as a special entree in honor of their Japanese exchange student. Both were well received by the students.

"You've got to go along with what the kids suggest or they'll lose their enthusiasm," Ms. Taggart explained. And Ms. Taggart, who is very enthusiastic herself, does go along with every reasonable suggestion from the committee — or she develops a satisfactory alternate.

One suggestion she has implemented is naming special entrees after teachers. Popular with students and faculty alike, the dishes are old favorites with a new twist added for the occasion. For example, a "Strube Dog" is a hot dog with barbecue sauce. Beecher Strube is biology teacher and golf coach at Kelly Walsh.

To advertise the specially named foods, posters in school colors are displayed all over school. The posters, which feature pictures of the honored teacher, are produced entirely by students. Before the school year is over, all teachers will be honored.

Probably the most popular idea the committee has used to draw more attention to the Type A lunch is recorded messages played over the public address system during morning announcements. Most of the tapes have used a "Teen Angel" theme that features personalities and music popular in the 50's. Committee chairman Mat Overeen has written most of these clever spots, which have been recorded by the other committee members, Bill Wil-

liams, Richard Baxter, and Katie Murphy.

The most recent tape, promoting the Chow Mein Lunch, urges students to forego their kumquat and cantaloupe sandwiches in favor of the cafeteria's meal.

Ms. Taggart, at the committee's suggestion, is now making single layer cakes complete with candles and proper inscription for each student celebrating a birthday. Cakes are presented during the lunch period and "Happy Birthday" is sung to the honoree, who then may share his cake with friends.

The committee has enjoyed complete cooperation from school personnel in carrying out some of its more ambitious plans this spring.

For instance, although the cafeteria had a jukebox, the committee felt that live entertainment would be even better. So they arranged to have local combos and a karate expert perform.

During spring vacation, committee members and their classmates painted a mural on one of the cafeteria walls. And when the weather got warmer, they worked with the school food service staff to set up a box lunch arrangement — selling Type A lunches, of course.

Interest in the lunch program at Kelly Walsh is contagious. Even those students who continue to eat at the snack bar are more aware of the foods they eat and the nutrition they need. As one girl surveyed her selection that was far from Type A standards, she remarked to a friend, "You know, there really isn't much nutritional value here."

The student committee is invited to attend Wyoming's school food service workshop this summer. Committee members will present their tapes, posters and other ideas for promoting school lunch.

Enthusiasm and cooperation are the key words for the success at Kelly Walsh. Ms. Taggart and her staff eagerly carry out the committee's suggestions, with backing from the principal and district food service director Joe Warr.

The result is renewed interest in the school lunch program. ☆

One School Grows Tomatoes

One Oklahoma school system is solving the problem of rising food costs right in the classroom.

The Byng school, located in a rural area in the central part of the State, is growing a sizeable portion of its vegetable needs for the school lunch program.

The key to the food production is a course in horticulture being taught in the school. Greenhouses constructed by students in coordinated vocational education training programs provide the school cafeterias with almost all of their tomatoes, plus substantial amounts of leaf lettuce and some eggplant.

"We're trying a new vegetable

each semester," says Charles Dean, horticulture instructor. He and Wayne Gray, vocational agriculture instructor, developed the program, and both the horticulture and vocational agriculture classes maintain the greenhouses.

During the 1972-73 school year—the first year of operation—the greenhouses produced 3,400 pounds of tomatoes. By mid-January of this year, production had already surpassed the previous year's figure.

The idea for the horticulture class came about when Superintendent Marvin Stokes learned of several commercial greenhouses going into production in the area. He decided that a horticulture course could be an asset to some of Byng's students. The superintendent is very concerned about meeting the needs of his students, and the Byng school teaches 11 different trades in addition to basic school courses.

Last year, four of the 19 horticulture students were graduating seniors, and all four found employment at local greenhouses.

The addition of a plant farm will mean an earlier start in production next fall. The plant farm, which actually is an air-cooled small greenhouse,

will allow tomato plants to be started during the hot summer months and be in production by mid-September.

A storage room adjacent to the high school cafeteria also has been built to keep the produce fresh until the cafeteria staff is ready to use it.

The horticulture class has been a great success, both from an academic standpoint and from a financial standpoint, points out the superintendent. "With rising food costs, we really have been fortunate to produce some of our own food and keep our lunch prices at 30 cents," he adds.

Being self-sufficient in the produce area is typical of the Byng school operation. The students who constructed the greenhouses have also built several classrooms complete with air conditioning and carpeting.

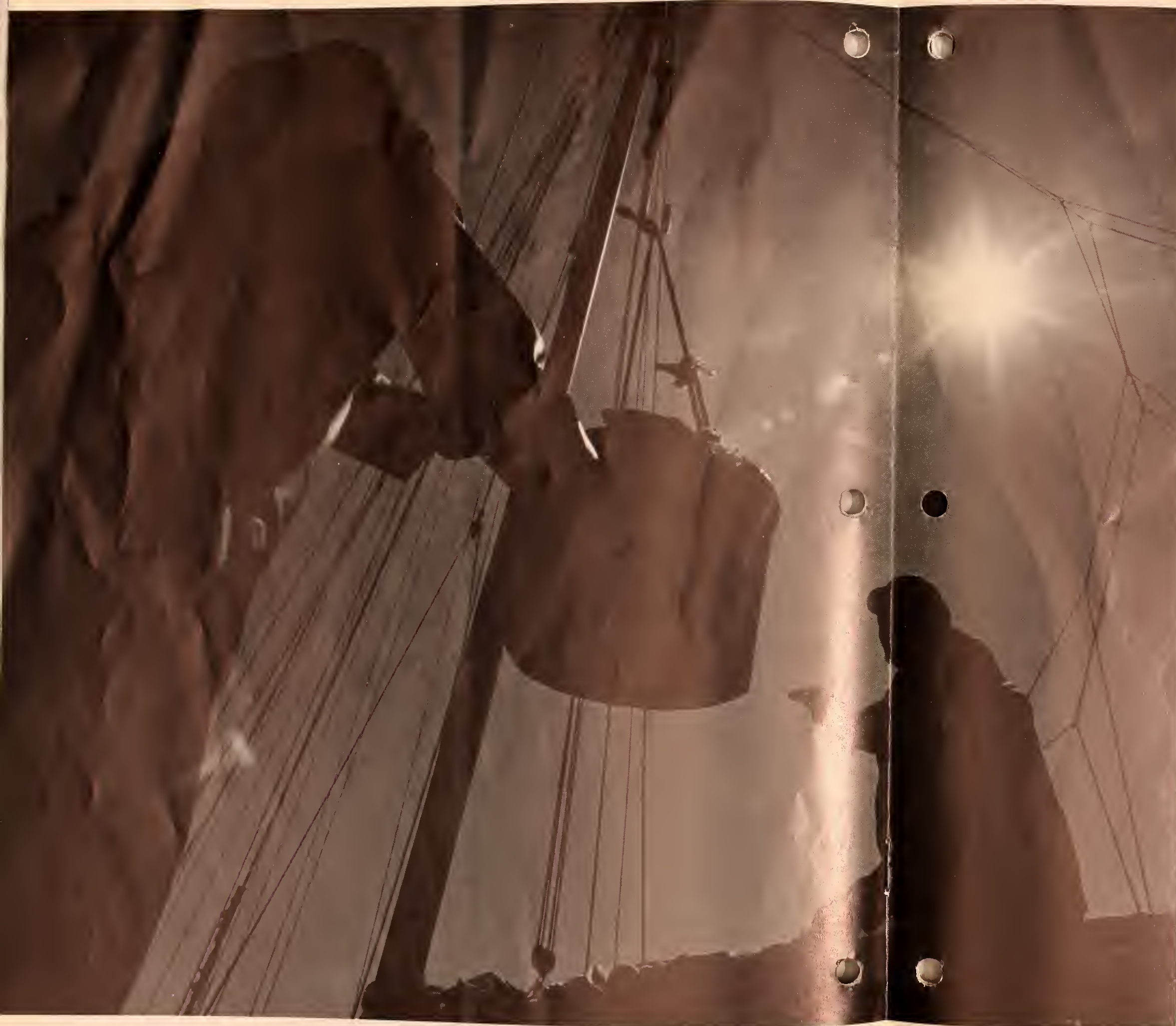
Although most of Byng's students were already eating the Type A lunch, Superintendent Stokes feels that growing some of the food for the cafeterias has stimulated more interest in the meals served.

"There's a certain element of pride among the horticulture students from knowing they helped put some of the food on the table," he says.

☆







Fishing offers some winter work for migrants in Maryland. But for a young woman like Betty Hicks, winter jobs can be hard to find.

HELP FOR MIGRANTS WHO STAYED BEHIND

By Joe Dunphy

BETTY HICKS DOESN'T like the cold weather.

After spending the previous 19 winters at her home in South Bay, Florida, she finds it difficult living in Maryland's Eastern Shore during the cold months.

However, it's not just the weather that bothers Betty Hicks. She has no job and lives with her 2-year-old daughter, Chimita, in a small two-room dwelling that needs a blanket over the door to keep the wind out.

Betty Hicks is a migrant farm laborer, a valuable employee in this rural area during the harvest season. But in winter, the work is scarce. And because Betty Hicks needed some dental work done in January, she couldn't return to Florida with her fellow laborers last fall.

"I got two days work a while back cleaning out chicker houses," she said. "But that's about all."

Cleaning chicken coops is hard work for a man, let alone a slender 20-year-old woman. Betty Hicks is not afraid of hard work.

"I'm a good worker," she said. "If I can get the work, I'll do it."

Migrant laborers are not drifters by choice. Their work is seasonal and they must move with the harvest. They are proud people, willing to put in 10 to 12 hours a day, 7 days a week, doing back-breaking work in the heat of summer to make their own way.

Betty Hicks never thought about enrolling in the food stamp program until she was forced to spend the winter in Maryland.

"I was working and didn't need it," she said, adding that she probably makes as much in the summer

as her Maryland public assistance payments, "if the work is good and I work 7 days a week."

Winter sharply curtails employment for a migrant laborer. Fortunately, there were some people who were able to help Betty Hicks and other remaining migrants.

One was FNS officer-in-charge for the Eastern Shore, James Cantwell,

W. Collins said her agency reaches the migrants through the Expanded Nutrition Program. Their work includes not only the food stamp program but school lunch as well.

"We try to make sure that the migrants who remain are permanently enrolled in the expanded nutrition program," said Ms. Collins, the program's supervisor in the

Quantico who receives food stamps is William I. Johnson, also a Florida native and a long-time migrant laborer.

Three years ago, 53-year-old Johnson suffered a heart attack that resulted in partial paralysis in both arms and legs. He hasn't worked either winter or summer since his attack nor has he made the annual trip south with other migrants.

"There's very little I could do down there now, so I'm just as well off here," he said. "I don't know when I'll get to go back because I have to wait to find out from my doctor what's what."

Mr. Johnson's usual purchases with food stamps are canned goods, although he sometimes buys meats that he can store in the camp refrigerator.

According to Ms. Collins, cooking facilities in migrant camps are usually limited. The camp may provide a common kitchen or individual units might have a kerosene two-burner stove. Extension aides help the migrants plan meals around the limited facilities they have.

"We work from a lot of angles, showing them how to do skillet meals and, when there is no refrigeration, working with canned goods and dehydrated foods," the extension agent explained. "Our objective is to get the families to manage food stamps as best as possible."

Ms. Collins said she felt the use of stamps has been a big boon to improving the lives of the migrants.

"They're getting more food and better food," she said. "This has sparked them to do other things, such as improving sanitation, getting their children to school and teaching the children about nutrition once they are in school."

Betty Hicks said she believes the use of food stamps helped her make it through the winter. She's planning to stay north until the summer crops come in and work returns.

Would she like to stay in Maryland next winter?

"No. My family is in Florida and I missed them," said Betty Hicks. "Besides, Maryland's too cold for me."

☆



Betty Hicks spent the winter in this two-room dwelling at Quantico migrant camp.

who visited most of the migrant camps in his area to inform the people about food stamps.

Cantwell said that of the 2,000 migrant laborers who come to the Eastern Shore during the harvest season, an estimated 200 spend the winter in Maryland.

"Their problem is unique," he explained. "Most are used to steady employment and aren't aware that they are entitled to food stamp benefits, especially in a place they don't consider home."

Cantwell works in cooperation with the Extension Service in Wicomico County, home of two migrant camps at Quantico and Pittsville.

Wicomico extension agent Bettie

county. "We check with each family to make sure the youngsters are in school and getting a free lunch.

"Our aides make sure they have applied for food stamps, make appointments with the welfare agency, and help families keep their records of income and expenses in order," she explained.

Betty Hicks, who lives at the Quantico camp, said the aides and Cantwell have been an asset in helping her with food stamps. She pays \$23 for \$78 worth of coupons.

"Without food stamps it would be hard for me and the baby," she said. "Now, I can wait and catch things like canned goods on sale."

Another holdover migrant at

North Carolina Reaches out with Food Stamps

By Thomas A. Gregory

LAST YEAR THE director of the North Carolina Department of Human Resources, Dr. Renee Westcott, announced a statewide "Find and Feed" campaign to locate every needy person eligible for food aid.

"Our target," said John Kerr, head of the Food Assistance Branch of the Department of Social Services, "was to add from 30 to 40 thousand recipients to our rolls." He issued a call to all concerned people to join the move.

The drive was planned around a core of directors of Departments of Social Services in North Carolina's 100 counties. Allied with them were FNS District Manager Thomas R. Dees and the officers-in-charge of the seven FNS field offices throughout the State. Two OIC's—Gerald Dowdy of the Wilmington office and Paula Kermon of Greenville—traveled to various areas to hold orientation meetings for local directors of social services and volunteers.

Since most of the counties were either already operating food stamp programs or preparing to open them soon, the meetings focused on the food stamp program. However, workers were also told how to enroll needy people in the food distribution program if their counties operated this program.

Final figures are not in, but North Carolina is pleased with the enthusiastic response of concerned citizens.

Many people in many counties performed herculean jobs in making

a success of the "Find and Feed" program, but nearly every one points to the outstanding effort in Iredell County.

Dorothy Fleming, director of the Iredell County Department of Social Services, was also a member of the Statesville Altrusa Club, an organization of business and professional women. When she explained the "Find and Feed" program to the club's members, they enthusiastically endorsed the campaign and voted to sponsor. In strict Altrusa fashion, Dorothea Allen, president, appointed committees and the outreach drive was on.

"Never have I seen a campaign so well organized and so efficiently executed," exclaimed an FNS official after visiting the county.

As chairman of the radio committee, Dorothea Allen had nurses, doctors, Social Service and health officials make tapes explaining the importance of nutrition to good health. They concluded with information on how to apply for the food stamp program at the office of social services.

Becky White and Mary Edna Matheson, who co-chaired the printing committee, had food stamp posters printed. Various other committees helped distribute the posters along with thousands of pieces of literature.

Altrusa members distributed the posters and information throughout the county—in the windows of retail stores, beauty parlors and barber shops, school lunchrooms, hospital

waiting rooms and bus stations.

"Wherever people might congregate," said one Altrusa member, "you could find a big poster and a bundle of literature."

What Ms. Allen had done in the radio stations, Ada Thomas and her group did in the field of newspapers. They visited the county's two newspapers and explained the program to editors, who responded generously. Nearly all subsequent issues included some mention of the "Find and Feed" program.

Meanwhile, other committees worked diligently, urging churches to mention the program in their meetings and to display posters. They also requested business firms to help take the message to Iredell's poor people.

County, State and Federal agencies cooperated in every possible way.

"Scores of eligible needy people have been added to the food stamp rolls," Ms. Fleming proudly reports, "and more and more are pouring in all the time."

Ms. Fleming explains, however, that the biggest result of the "Find and Feed" campaign in Iredell County is not the number of poor people who have come in and applied for food stamps. It is the community's improved understanding of the food assistance programs.

"I think," she concluded, "that people in our county now have a little more compassion for their fellowmen."

☆



Third Graders host a Banquet

"Somebody forgot to add the water."

These comments came from a group of busy students on one of the most exciting days in the third grade at Sharon Elementary School in Orem, Utah. It's the day the third graders prepare . . . and serve . . . and enjoy . . . a complete banquet.

The banquet is the climax to a 5-week unit on nutrition taught in the three third grade classes.

"The project really shows what a cooperative spirit among teachers can do for education," pointed out Principal J. A. Sargent. "This banquet is something our third graders look forward to all year." The nu-



Potatoes for the stew, fresh vegetables for the . . . and a big punch bowl for the fruit cup. . . the th

"Y

ESTERDAY WE MADE jelly from grape juice in our classroom," reported a happy third grader.

"The cookies didn't turn out quite right," confessed a representative from another third grade class.

Third Graders host a Banquet

"Y

ESTERDAY WE MADE jelly from grape juice in our classroom," reported a happy third grader.

"The cookies didn't turn out quite right," confessed a representative from another third grade class.

"Somebody forgot to add the water."

These comments came from a group of busy students on one of the most exciting days in the third grade at Sharon Elementary School in Orem, Utah. It's the day the third graders prepare . . . and serve . . . and enjoy . . . a complete banquet.

The banquet is the climax to a 5-week unit on nutrition taught in the three third grade classes.

"The project really shows what a cooperative spirit among teachers can do for education," pointed out Principal J. A. Sargent. "This banquet is something our third graders look forward to all year." The nu-



Potatoes for the stew, fresh vegetables for the salad, and a big punch bowl for the fruit cup. . .the third grade is fixing a feast. The banquet is the climax to a 5-week nutrition education project in Orem, Utah.

trition course and banquet have been part of the regular classroom work since 1970.

Units taught by the teachers center around the basic four food groups. However, the teachers use imagination and creativity to expand the walls of the classroom—as well as the subject matter. For example, the students learn to cook via a portable kitchen specifically designed for third graders and built by one of the maintenance men at the school. This unique kitchen-on-wheels is equipped with all the necessary measuring utensils—and specially made for use by children. The portable oven even does a good job of baking bread—usually.

"Our bread wasn't so good, though," remarked one would-be chef. "I think we did something wrong."

The yearly banquet focuses on all that the children learn about nutrition during the 5-week course. However, the final banquet preparations begin only a day in advance. This year's menu consisted of beef stew, fruit cup, fresh green salad, muffins, milk, homemade ice cream, peanut butter cookies, butter and homemade jelly.

Menu planning is not completely new to the students. During the school year each classroom gets the chance to plan at least one school lunch menu. Blanche Anderson, the cafeteria manager, visits the classrooms to explain the USDA Type A lunch required by all schools participating in the National School Lunch Program.

As banquet day approaches, good food handling and sanitation practices are reviewed. Then students begin preparing fruits and vegetables for the salad, fruit cup and stew, and mix ingredients for the cookies, muffins and jelly.

"The children vie for assignments for the banquet," said Helen Withey, one of the teachers. Those who want positions write letters to their teachers and explain why they want particular duties.

"I wrote my teacher that I wanted one of the assignments because I want to be a cook when I grow up,"

explained one little boy. Other children applied for jobs as waiters, bus boys, dishwashers and public relations representatives.

One of the honored guests each year at the banquet is Ms. Anderson, who plays a key role in the banquet preparations. She works closely with teachers and students in getting the food ready.

On this year's special day all the children wore their best clothes to school—after one young fellow was assured that "best dress" shouldn't be taken literally. Boys escorted the girls to their seats. On cue from teachers Helen Withey, Linda Shumway and Ramona Allen, the children handled their assignments like true professionals.

"Are you a waiter?" a special guest asked one of the children. "No, I'm a bus boy," said the youngster with just a hint of impatience. Later he came by with a plate of food and reported proudly, "Now, I'm a waiter!"

The banquet meal served by the children was actually a typical Type A meal, explained Gary Keetch, food service director for the Alpine School District, which includes the Orem school. The National School Lunch Program is administered in Utah by the State Board of Education, Division of School Food Services, in cooperation with USDA.

Lunch participation in the elementary school has been consistently good, and Mr. Sargent attributes this to the nutrition education unit and the many activities conducted by the cafeteria workers to maintain interest in the lunch program.

National School Lunch Week, for instance, is observed each year with poster contests and prizes. During National Nutrition Week, nutrition celebrities are elected. Miss Celery and Miss Vitamin roam the halls giving out celery and carrot sticks.

But for the third graders, the highlight of their year is the special banquet. For some, it's the culmination of a life-long dream.

As one third grader was heard confiding to a friend, "I'm just what I've always wanted to be—a waitress!"

Lunch is Served in Seconds

By Linda Klein

"IT'S A LOT MORE modern than most schools I've been to."

"I like it this way."

"I heard it's one of the best in the United States."

"To us, it is."

As they ate lunch, a group of eleventh and twelfth graders at Rule High School in Knoxville, Tenn., commented on the school's cafeteria facilities. But aside from the lunchroom's brightly colored tables and chairs, it looked far from modern. In fact, the high-ceilinged area in which they were eating was a gymnasium until 1950, when it was converted into a dining room.

The real object of their discussion was in a small adjoining room—in what was once a girls' dressing room. There, in the school's newly renovated kitchen and serving area, the City of Knoxville is using some very modern ideas and equipment to feed Rule's 700 teenagers.

What's so special about Rule's food service?

To begin with, there are no lines and practically no waiting for food at lunchtime. The main serving counter is divided into six sections, each with an identical selection of preassembled plate lunches. Students walk up and choose their lunches from any of the sections.

Silverware and milk are located in other parts of the room, and cashiers are positioned near the room's exit.

Whereas students once spent over half of their 30-minute lunch period standing in line for food, with the school's new "multi-exposure" system, they're served and seated in a matter of minutes.

As one ninth grader put it: "Now you just walk in and sometimes—maybe one out of ten times—you have to stand there a couple of seconds till somebody gets his plate. Then you just get your plate and go eat lunch."

"It's nice, it's quick and efficient," said a senior, "and it's better than waiting and going through the line. I believe everybody likes it."

Students at Rule not only get quick food service, but a choice of lunches as well. Like the 14,000 students at Knoxville's other 18 secondary schools, they can choose between several different hot lunches and cold plates, including traditional hot lunches, sandwiches and salads.

All these plate lunches meet the Type A lunch requirements set by the Food and Nutrition Service for schools participating in the National School Lunch Program. The various components of these lunches are also available on an a la carte basis, but at a higher cost, since schools do not receive reimbursement from FNS for a la carte service.

And, thanks to the new innovative equipment in the completely remodeled kitchen, all these foods are served at optimum temperatures.

This is how it works:

The staff sets up a portable conveyor belt, extending from the kitchen

to the serving counter, just before the students start arriving in the cafeteria.

The plate lunches—which include various combinations of the day's entrees and vegetables—are dished up at a table in the kitchen at one end of the belt. The conveyor belt moves the lunches from the kitchen to the serving areas, where two lunchroom staffers place the plates on the counter.

The counter, with its six identical selections of lunches, is also divided into two levels—for hot and cold foods. Hot foods are placed on the bottom tier of the counter, under lamps which keep the food warm. Cold foods, such as gelatins, salads and butter, are placed on the top tier, resting on frozen metal plates.

"I think the conveyor belt is wonderful in getting the plates out to the children . . . and it speeds up the service," commented a lunchroom worker.

"I like it," said one senior. "It keeps the food hot and you get it quicker."

Other labor saving devices found at Rule include self-washing hoods on stoves and "quick disconnect systems" on heavy electrical equipment such as ovens and stoves, which can be unplugged and wheeled around to a number of locations.

Before the lunchroom facilities at Rule High School were remodeled, the serving line was not in the kitchen, but in the eating area, and food had to be carried a long distance to be served. Now, with both the cooking and serving in a single compact area, both steps and time are saved. And an additional ad-

vantage is that the students have a more spacious, comfortable dining room.

"I really didn't think it could be done," said D. M. Miller, principal at Rule High School. "I didn't think there was enough space here. They're using every available inch."

The equipment and techniques used at Rule are tailored to fit its small kitchen and special needs. However, the basic concept of multiple exposure of lunches on the serving counter also has been used at Knoxville's Central High School, which opened in September 1970. And now the city school system has plans to apply this technique to other schools.

But there's another important factor that makes food service at Rule and other Knoxville high schools special, and that's student involvement.

Student leaders are included in monthly meetings of cafeteria managers when the city's guide menus are planned. And since individual schools can vary the menu as long as they don't violate cost or nutritional considerations, each high school has its own student committee that meets with the cafeteria manager to discuss student preferences.

As John Carter, director of school food service for Knoxville city schools, said: "This is the story of multiple exposure, this is why the whole thing's there. If you get them in and out, and you give them a choice—and if you listen to them, and do the best that you can . . . then your program will appeal to teenagers." ☆



Students at Rule High School are served in minutes at one of the cafeteria's six serving counters. There's no standing in line—and that means more time for lunch.

Official Business.

Penalty for Private Use, \$300

POSTAGE
& FEES PAID
U.S. DEPT.
OF
AGRICULTURE
AGR 101



THIRD CLASS BLK. RT.

Permit Number .005-5

7401 UNFANI304A422 08013 0001
USDA NAL FOOD & NUTR INFO CTR
FOCM 304
BELTSVILLE MD 20012

Contents

EARL L. BUTZ
Secretary of Agriculture

RICHARD L. FELTNER
Assistant Secretary of Agriculture

EDWARD J. HEKMAN
Administrator
Food and Nutrition Service

JANICE A. KERN, Editor
MARCIA B. EDDINS, Art Director

FOOD AND NUTRITION is published bimonthly by the Food and Nutrition Service, U.S. Department of Agriculture, Washington, D.C. 20250. The use of funds for printing this publication was approved by the Director of the Office of Management and Budget December 26, 1973. Yearly subscription is \$2.50 domestic, \$3.15 foreign. Single copies 45 cents each. Subscription orders should be sent to the Superintendent of Documents, Government Printing Office, Washington, D.C. 20402.

Reference to commercial products and services does not imply endorsement or discrimination by the Department of Agriculture.

Prints of photos may be obtained from Photo Library, U.S. Department of Agriculture, Washington, D.C. 20250.

U.S. DEPARTMENT OF AGRICULTURE

- 2** Jersey City's Food Stamp Van
- 4** Lunch Involves Kids and Communities
- 7** One School Grows Tomatoes
- 8** Migrants Who Stayed Behind
- 11** Outreach in North Carolina
- 12** Third Graders Host a Banquet
- 14** Lunch is Served in Seconds